



November 2013

Lowell Senior Center HERITAGE

~ THE OFFICIAL PUBLICATION OF THE LOWELL COUNCIL ON AGING ~

Hello friends,

The Lowell Council on Aging (LCOA) welcomes with you, another new and fresh month. I hope you all have had a pleasant and healthy start to your fall season. I know many of you are making your Thanksgiving plans with family and friends. For those of you that are looking forward to the senior centers annual **Thanksgiving Dinner Dance, the event will be held on Friday, Nov. 15th.** Jon Mansfield will be entertaining and a delicious turkey dinner will be served along with dancing, door prizes and fun! The senior center has been very lucky to have a new group of young volunteers on site from **"Youth build"**! This lively and helpful group of young men and women have been so great in assisting with the serving of meals, cleaning of tables, dishes and more. The COA would like to send a huge thank you

to this new group of volunteers as well as a huge thank you to all our regular senior volunteers. All our volunteers

make our lives much easier! **THANK YOU ALL!**

Election Day will be held on Tuesday, November 5th. If you're a senior and you need a ride to the polls, please call the City of Lowell Election Commission at (978) 674-8606.

The COA would like to say **"Happy Veterans Day"** to all of our Veterans! All gave some, some gave all! Honor their service and fulfill their trust. Please remember all Veterans past, present and future, who Fought and continue to fight for our freedom! **Veterans Day will be held on Monday, Nov. 11th.** The COA will be closed. **The monthly Vet's breakfast will be held on Friday, Nov. 8th at 9 am. The speaker will be Denise from the "Greater Lowell Personal Development Center".** It is a private practice that provides counseling, and community education services. They are pleased to introduce their curriculum on how Family Members can support their loved ones before, during, and after a deployment.

City of Lowell-Recycling 101.

Come educate yourself on the new rules and regulations for the City of Lowell's Recycling Program. **Wed., Nov. 27th at 11 am** with Director, Gunther Wellenstein. By working

together, we are all making a big difference in saving our environment.

The COA will be holding a **craft fair on Monday, November 18th at 12 noon-4 pm.** Tables are complimentary (must be handmade craft items). **To reserve a table please R.S.V.P by contacting Deanna at (978) 809-8035.**

The senior center will be closed on Thanksgiving Day. **Happy Thanksgiving to all of you and your families (November 28th)!**

The COA is pleased to announce that Outreach Coordinator, Amy Medina Leal and her husband Dario, have welcomed their bundle of joy into the world on Sunday, October 13th. **Congratulations, It's a boy!**

Beginning November 4th COA will be introducing a new breakfast program 7 am-9 am, through the Merrimack Valley Nutrition Program MVNP). The meal will consist of oatmeal, muffins, juice, milk and more. There is a suggested donation of .50 cents per meal, payable to MVNP. Thank you.

Sincerely,

Michelle Ramalho/COA Director

What's Inside	
Director's Message.....	pg1
Contacts	pg2
Trips	pg3
Outreach Notices.....	pg6
Vet's Corner...back pg.	
News To Live By.....	pg9
Calendar	pg10
Menu.....	pg12
Short Stories.....	pg14
People & Events...pg 8	

The City of **LOWELL** *Alive. Unique. Inspiring.*

October 2013

BERNARD F. LYNCH
CITY MANAGER

MICHELLE RAMALHO
EXECUTIVE DIRECTOR

City Council**Mayor**

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Vice Mayor

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Rodney M. Elliott

Edward J. Kennedy

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Martin E. Lorrey

William F. Martin Jr.

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Vesna E. Nuon

**FRIENDS OF THE COA
CENTER, INC.
BOARD OF DIRECTORS
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Lenny Gendron

Lorraine Mellen

Ray A. Roades

Arthur Toupin

SENIOR CENTER SERVICES

Main Number: 978-674-1172

Fax: 978-970-4134

These are the new numbers for LCOA

Executive Director

Michelle Ramalho 978-674-1170
mramalho@lowellma.gov

Receptionist

Tara Donnelly 978-674-1171
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Minority Outreach Coordinator

Linda Hin 978-674-1173
Lhin@lowellma.gov

Outreach Volunteers

John R. Lawlor 978-674-1174
Jlawlor@lowellma.gov

Deanna Rabidoux 978-674-1168
dlrabidoux@lowellma.gov

**S H I N E (Serving Health
Insurance Needs for Elders)**

Joan Gong 978-674-1172
Call front desk for an appointment
Thursdays ONLY- 10 AM to 1 PM

Legal Services Assistance & Referrals
978-458-1465 (press option 4)

Appointments are now made by calling directly.

Pollard Library 978-674-8634
Senior Center Library Annex 978-970-4186

**COUNCIL ON AGING
BOARD OF DIRECTORS**

Joan Bedford

Eleanor Belanger

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Andrew Hostetler

John R. Lawlor

Sidney Liang

Vincenzo Milinazzo

Suellen O'Neill

William Sheehan, Chair

Next Meeting: 11-18-13 @ 9:00am

**Desktop Publisher, Graphic
Designer and Newsletter Editor**
Raymond L. Mireault
rmireault@lowellma.gov

Hours of Operation:

Monday through Friday

6:00 am to 4:00 pm

Lunch served at 11:30 am

Saturday and Sunday

Coffee & Pastries and Lunch ONLY
OPEN 7:00 am until NOON

Free Transportation to Center

7 days a week EXCEPT holidays.
Call before 9:00 am for a free ride to
and from the center. The bus leaves
after lunch to bring you home.

Friends of the Lowell Council on Aging
Office hours vary

City of Lowell Veterans Services

Director / Agent
Eric Lamarche 978-674-1595
ELamarche@lowellma.gov

Head Clerk
Carmen Felix 978-674-1596
CFelix@lowellma.gov

Head Clerk
Nancy McGuire 978-674-1597
NMcGuire@lowellma.gov

Office Hours: 8:00 A.M. - 4:00 P.M. — Monday - Friday
2nd Floor of the Senior Center in the administrative office area

LCOA Trips

Roger's Bus Event-\$5.00 Trips Departs from LCOA. must be over 60 yrs.

Motor Coach Day Trips -\$25 deposit must be over 18 yrs. Departs from Ayotte Garage. 40 passengers minimum for Casinos.

All Trips must be paid in full one month prior to travel date. LCOA policy:
no refunds (unless insurance is available & purchased)

December 3, Tuesday—Indian Head Happy Holiday Revue Welcome Cocktail Reception, Deluxe Holiday Luncheon Buffett, Christmas Party Entertainment, with music, dancing, and comedy, a visit from Santa, free individual photos, gift certificate to the gift shop, indoor and outdoor pools and spas. Open year round. Cost \$66. Departs George Ayotte Garage.

December 9-11, Monday to Wednesday—White Mt. Hotel Includes accommodations at the White Mt. Hotel & Resort. Tour includes 5 meals, 2 breakfasts, 1 lunch, 3 dinners, 3 different Christmas Shows, Sleigh Ride at Neshtlenook Farm Resort, & shopping at tax free outlet stores and specialty shops. Special cocktail pricing, round trip baggage handling, all rooms, meals, taxes & gratuities, and deluxe motor coach transportation with driver's tip included & Christmas Gift. \$405 pp 3 days 2 nights. More information on flyers @ LCOA.

December 11, Wednesday—Newport Playhouse "Angel on my Wings" A beautiful young woman has found her dream man. When her dream man announces his intention to leave his family, the woman gets "looped" & awakens in the arms of an angelic-looking man, who seems to know everything about her!! Complications ensue when her dream man shows up and discovers she is sharing her apartment with her guarding angle. Laughs and surprises come fast and furious as the men vie for her affections. Cost \$55.

December 12, Thursday – Hu Ke Lau Hawaiian Christmas Show with Bright Lights Travel to Springfield MA to the Hu Ke Lau Restaurant for the famous "Hawaiian Christmas Show." Beautiful dancer, soothing music and colorful costumes contrast with the fire dance of Samoa, rhythmic drums of the Fiji War Dance & graceful Hawaiian Hula. Meal choice: Prime Rib or Baked Scrod served with baked potatoes, vegetables of the day, salad, dessert coffee & tea. Pick up @ George Ayotte Garage Departs @ 8:45am, Return 8:00pm. Cost \$79.

2014

January 8-10, Wednesday to Friday—Taj Mahal trip includes: Luxury Taj Mahal Casino Accommodations, \$20 Slot Bonus, "The Kid" Sings Sinatra Tribute, 2 Breakfasts & 2 Dinners, & Silver Fox Motor Coach. Cost \$194 dbl., \$189 triple, \$259 Single

March 11, Tuesday—Ronan Tynan: An Irish Celebration Featuring Ronan Tynan of the Irish Tenors @ Venus De Milo Swansea, MA. Meal includes Corned Beef & Cabbage or Baked Haddock also Venus DE Milo's Famous Minestrone Soup, Vegetables, Breads, Desserts, Coffee/Tea MA Roger's Bus. Cost \$65.

April 13-20, Sunday to Sunday—Heart of the South 8 days- 11 meals, 7 breakfasts, 4 dinners Highlights- French quarter, Court of Two Sisters, Baton Rouge, Natchez, McIlhenny Company Tabasco Factory Tour, Martin Accordions, Cajun Entertainment, Vermilionville, Bayou Cruise, Cajun Cooking School. Rates per person don't miss out!! Day 1-3 Four Points by Sheraton French Quarter, New Orleans, Louisiana, Day 4-5 Natchez Grand Hotel. Natchez, Mississippi, Day 6-7 Hilton Lafayette, Lafayette, Louisiana. Book Now! Double \$1999.00, Single \$2449, Triple \$2069.

April 15th, Tuesday—Mohegan Sun The Legendary Actress – Singer & Dancer Debbie Reynolds Live in Concert Price with transportation \$79 includes (\$20 Free Slot Play/or Free Bet & \$10 Meal Voucher Good at any eating facility @ Mohegan Sun) Pick up @ George Ayotte Garage. Time TBA

April 30, Wednesday—Newport Playhouse "My Husband's Wild Desires" (Almost Drove Me Mad) The bedroom spark had fizzled for a man and his wife. The man decided to take the bull by the horns and discovers a way to bring the flame back! Throw in the building superintendent and a nervous burglar, and the result is a comedy gone amok that will have you rolling in the aisles with laughter!! Buffet & Cabaret & gratuities included. Cost \$55. Departs @ 9:15am from LCOA.

May 15, Thursday—Direct from Vegas...The Tony Pace Show @ The White's of Westport Doors open @ 11am Meal choice: Boneless Stuffed Breast of Chicken or Baked Scrod, Potato, Vegetable, Coffee & Dessert Cost \$55. Roger's Bus Departs @ 10:15 from LCOA.

May 22, Thursday—North Shore Acappella @ Luciano's Lake Pearl Wrentham, MA In 2011 they were featured on NBC's The Sing Off and dazzled listeners across the country. The North Shore Acappella has appeared as the opening act for the Temptations, The Platters, Ben E. King, Frankie Vallie, Roberta Flack, & Gene Pitney and many others. Meal Choice: Roast Pork Loin or Baked Haddock. Also included: veggies, bread, dessert, coffee & tea. Cost \$63.00 Departs from LCOA TBA

May 23 – 30, Friday to Friday—Boston to Bermuda Trip Includes: Round trip motorcoach transportation for group pick-up location to Boston Pier, 8 day/7 night cruise on board NCL Dawn, All meals on Board Ship, plus NCL's Freestyle Dining Program, Travelers Insurance by TravelSafe Protet-A- Group, Best of Times Excusive Cocktail Party, All Luggage Handling Fees, Driver Gratuities for Transportation to Boston Pier, Services of a Best of Times Professions. More information on flyers Cost \$899.00 & up

June 12, Thursday—"The Temptations Live in Concert @ The Venus De Milo in Swansea, MA "The Temptations" Hits Include: "My Girl", "Just My Imagination", "Papa Was A Rolling Stone", "The Way You Do The Things You Do", "Ain't Too Proud To Beg", "I Heard It Through The Grapevine", "I Can't Get Next to You" & Many More. Also Includes Meal Choice Chicken Parm or Baked Haddock Venus De Milo's Famous Minestrone Soup, Veggies, Bread, Dessert, Coffee & Tea Cost \$65.00 Departs from LCOA @ 9:15am

June 24, Tuesday—Newport Playhouse & Cabaret "My Husband's Wild Desires (Almost Drove Me Mad) The bedroom spark has fizzled for a man and his wife. The man decides to take the bull by the horns and discovers a way to bring the flame back! Throw in the building superintendent and a nervous burglar, and the result is a comedy gone amok that will have you rolling in the aisles with laughter!! Cost 65.00 De s from LCOA

September 9, Tuesday—"American Bandstand Revue" @ Venus De Milo in Swansea, MA This show is for those 50's & 60's enthusiasts with music and costumes from Jerry Lee Lewis, Brenda Lee, Neil Sedaka, The Four Seasons, The Beach Boys, Paul Anka, Frankie Lyman, Freddie Cannon, Connie Francis, The Girl Groups and more! 11:30 doors open & lunch @ noon: Boneless Breast of Chicken, Soup, Potato, Vegetable, Dessert and Coffee. Cost \$50. Roger's Bus Departs @ 10:15 from LCOA

Roger's \$5.00 Trips

MUST be 60 or older

Bus leaves @ 9:15 am from the Senior Center. All first day ticket sales on 2nd floor in the Library at 9:30 until 10:30 am. After 10:30 am, see the receptionist. Bus is Handicapped Accessible. Limit (4) four tickets per person ... per trip!

NO employee or volunteer of the Senior Center is able to purchase tickets on behalf of a Senior Center member.

SCHEDULE IS SUBJECT TO CHANGE. INCLEMENT WEATHER: IF LOWELL PUBLIC SCHOOLS ARE CLOSED, THE TRIP IS CANCELLED .

November tickets on sale November 1st

November 4, Monday—Wrentham Outlets
 November 7, Thursday—Solomon Pond Mall
 November 14, Thursday—Hill Top & Christmas Tree
 November 19, Tuesday—Hungry Traveler & Tom's Discount
 November 22, Friday—Quincy Market
 November 25, Monday—Plymouth Plantation
 November 26, Tuesday—Manchester Mall

December tickets on sale November 29th

December 3, Tuesday—North Shore Mall
 December 5, Thursday—Hill Top & Christmas Tree
 December 9, Monday—Solomon Pond Mall
 December 17, Tuesday—Manchester Mall
 December 19, Thursday—Pheasant Lane & TJ Maxx
 December 23, Monday—Hungry Traveler & Tom's Discount

YOU MEAN I COULD LOSE MOST OF MY ASSETS TO A NURSING HOME?

Don't let your finances be devastated.

Many nursing homes cost about \$100,000 a year. How can I protect my spouse and family?

- At our FREE educational seminar, you will learn how to protect yourself from the potentially catastrophic effects of a nursing home stay.
- Learn how putting assets in your children's names can be a disaster waiting to happen
- Learn how to protect an inheritance from your children's creditors & divorcing spouses
- If you have a trust, you will learn the things needed to make sure it is up-to-date
- Learn how to bullet-proof your trust from nursing home costs



Presented by
Attorney Edward
"Ted" Beasley,
former chairman of
the American Bar
Association Elder
Law Committee

**Receive a
FREE copy of
our book,
*The Optimum
Estate Plan.***



THURSDAY, SEPT. 26, 2013 • 12:30 – 2:30 P.M.
LOWELL SENIOR CENTER
276 BROADWAY ST., LOWELL

CALL TO RESERVE YOUR SPOT AS SPACE IS LIMITED:
1-800-370-5010

Volunteer Nurse's Schedule

for Blood Pressure & Weight Management

Lowell Visiting Nurse Association

2nd Tuesday—8:00 to 10:00 am

3rd Tuesday—10:00 am to 12:30 pm

Albert Gauthier RN/ Blood Pressure

Wednesdays—9:30 to 11:30 am

Commonwealth Nursing

1st & 4th Tuesdays from 10 am to 12 pm

*

Affordable Hearing, LLC Christopher Streeter

Hearing Testing, Hearing Instrument Testing.

2nd Thursday of each Month—9 to 11 am.

In the Nurses Station. Please call for appt. 978-674-1172

*

Don't Wait Until It's Too Late!

Medicare's Open Enrollment Period:

October 15 – December 7

Medicare plans change every year! **SHINE Can Help!** SHINE counselors provide Medicare counseling free of charge. *Call your senior center for a SHINE appointment now!* Or - Call 1-800-AGE-INFO (1-800-243-4636), then *press or say 3*. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call **1-800-MEDICARE (1-800-633-4227)**.

*

Microsoft Tech Support SCAM Warning

There is a Microsoft technical support scam winding its way across the country, and this scam has already reached Lowell and surrounding communities.

The scam involves a call to your home or cell phone by someone claiming to be a Microsoft support technician who informs you that your computer has been infected with various viruses, which came to Microsoft's attention following a routine scan of your computer. Since many MS Windows computer users may experience a variety of issues with their computers at various times, many people accept the call as being genuine, and allow the caller to take remote control of their computer. During the remote session, the caller typically downloads malware to your computer, convinces you that your computer is infected and offers to fix it for a charge (usually ranging \$100-\$300). According to Microsoft, this is a scam to collect credit card numbers and install malware on your computer, as Microsoft will

never call you unsolicited to discuss security issues.

If you receive an unsolicited call of this nature from someone claiming to represent Microsoft, you are encouraged to hang up.

"Dealing with Loss During the Holidays" on November 27, December 4th, 11th & 18th at 10:00 a m

The holiday season can be extremely stressful for those who have lost loved ones. You may find yourself dreading the holidays and feeling unsure and overwhelmed with how to cope with the upcoming holiday season. If you have experienced the death of a loved one, please join us as we share our feelings, develop coping strategies, and move toward healing in a supportive, confidential environment.

LUCILLE BONANNO/Bereavement Field Coordinator Beacon Hospice, Inc.

13 Branch Street, Suite 106

Methuen, MA 01844

Tel. 978-837-3333

Fax 978-837-3330

lucille.bonanno@amedisys.com

FREE TRANSPORTATION AT THE SENIOR CENTER—call (978) 674-1171

As the winter months are fast approaching us we want to remind you of our FREE Transportation opportunity. This service is not new, this offering has been our policy for quite some time and we just want to remind you of it.

Aside from our 7 day a week pick-up and drop off (Except Holidays) transportation to the Senior Center that gives you the opportunity to do some errands in the area of the center as well as have lunch here. The latest you can call for your trip is before 9:00 a. m. the day of your ride. For your return home, departure is after lunch (appr. 12:30 pm-1:30 pm); except Saturday and Sundays it is at 12:15 pm.

GROCERY TRIPS TO MARKET BASKET: Tuesday, Thursday and Friday (2-bag limit): Call Tara at 978-674-1171 to request a ride. All Grocery Trip ride requests must be called within 48 hours before your requested day. Call Monday thru Friday from 9:00 a.m. - 3:00 p. m to schedule your ride. Seniors are eligible if you have no vehicle & are over 60 yrs. of age. (14 seats)





SUPPORT GROUP

Are panic attacks and anxiety controlling your thoughts?

Learn little known facts of panic and anxiety issues.

Fridays 2:30 PM to 3:45 pm

Lowell Senior Center
Join with Our
Quilting Lessons

Meets Every
Wednesday
12 noon to 4 pm
Meets in 2nd Floor
Classroom

Lowell Council on Aging
Video Lanes

BE ACTIVE
BE EXERCISING
BE ENERGENIC
BE FUN
GO BOWLING

Wii
Bowling League
Happens every
Tues & Fri @ 11:30 in
the Lowell Senior Center
Board Room

JOE & ALBERT
WILL SHOW YOU
HOW EASY IT IS
AND IT'S FREE

Consumer Advisory Office of Consumer Affairs & Business Regulation

Division of Banks • Division of Insurance • Division of Professional Licensure • Department of Telecommunications and Cable • Division of Standards

Renters Insurance: Property and Liability Coverage

School is back in session, last month thousands of college students across the state headed to new living accommodations. Residency at colleges and universities has moved from the traditional dormitory hall to alternative options including, for many, off-campus rentals. If you or your child are considering this living arrangement, don't forget protection for valuable personal property like electronics, computers and furniture.

Protecting your belongings: Renter's insurance will reimburse your losses if your computer, television, smart phone, bicycle or furniture is stolen or damaged by fire or other catastrophe. For an additional cost you may even purchase coverage for furniture and leisure items kept on a deck, patio or terrace. Renter's insurance also protects you in the event someone is injured while on your property.

Different policies: Personal property policies, which pay to repair or replace belongings if they are damaged, destroyed, or stolen, can either be "actual cash value" or "replacement cost" coverage. Actual cash value coverage will reimburse the cost of the property at the time of the claim, considering any depreciation because of age or use. Replacement cost coverage, which is more expensive to purchase, reimburses the full cost of replacing the property, without depreciation.

Costs: The cost of rental insurance averages between \$15 and \$30 per month; premiums can vary depending on the location of the rental property as well as the value of the possessions being insured. It may be possible to purchase insurance collectively with roommates; talk to your insurance carrier about that option. Also talk to your landlord about installing anti-theft safety devices like safety locks on windows and deadbolts on doors, and make it a habit to lock your doors and windows when you are not home, to deter would-be thieves.

Getting started: Make a list of all items you want to insure, including the purchase price, model numbers and serial numbers. The National Association of Insurance Commissioners has developed a free smart phone app, "myHome Scr.APP.book"; that can help simplify your inventory, or consider using your own camera or smart phone to photograph or video your premises, and attach item descriptions to the images. Find myHome Scr.APP.book on iTunes or the Google Play store, or visit www.insureonline.org.

The Massachusetts Division of Insurance is a regulatory agency within the Office of Consumer Affairs and Business Regulation. Find the Division online at www.mass.gov/doi, or on Twitter @MassDOL.

DOI can be contacted at (877)-563-4467 and doicss.mailbox@state.ma.us



Barbara Anthony, Undersecretary 10 Park Plaza Suite 5170 Boston, MA 02116
Hotline 617-973-8787 888-283-3757 www.mass.gov/consumer



**COME & JOIN
THE KNITTING
GROUP EVERY
TUESDAY @
12 - 3PM AND
HAVE FUN!!!**



Knitting in the Future?

People & Events



Lowell Police Dept. Chief Superintendent Deborah Friedl & Middlesex District Attorney Marian Ryan chat prior to a presentation by the District Attorney about “Keeping Seniors Safe: Scams and Senior Abuse”.

Members of the Forum included; Prema Nagathan, Enterprize Bank; Michael Springman, Elder Services of the Merrimack Valley; Lt. Mark Buckley, LPD; and Lori Riccio, Victim/Witness Advocate; and Sheila Tracey, both representing the Elder Abuse unit of the Middlesex District Attorney’s office. Other attendees include (top right) Ruth Sullivan. and Bob & Audrey McMahon —————>

— Photos by John R. Lawlor



Forum held by Middlesex District Attorney Marian Ryan



New Incoming Blog

A spiritual blog for combat veterans

Go to www.newincoming.wordpress.com

Join the conversation or just read.

I am not talking any specific church or faith.
Just how we use our spirituality in our healing.

If you want to communicate privately,
e-mail me at alanpacker43@gmail.com

Over 70 New Senior Theatre Plays Published --- More than 70 new Senior Theatre plays have been published, expanding the number of works available for older performers. The shows were chosen from hundreds of submissions for Art Age's newly released 2014 Senior Theatre Resource Center catalog. They include skits, short plays, musicals, and more. The resources are useful for senior theatre companies, senior centers, retirement communities, community theatres, and any site where older adults gather. There's something for everyone, from amateur to skilled professional. --- *Montana Senior News*

Alzheimer's Society's iPod Project Offers Music to Soothe Troubled Souls --- 93-year-old Domenica Bianchi has seen significant improvement in her moods while listening to music from Italy; her birthplace. She was diagnosed with Alzheimer's three years ago and has been much more relaxed and happy since she got her blue iPod shuffle a few months ago. She received the iPod from the Alzheimer's Society of Toronto as a part of a project called the iPod Project, a program modeled after Music and Memory, a non-profit based in New York --- *Toronto Star*.

100-Year-Old Woman Says Swimming Led to Long Life --- Marty Aronson, of South Bend, North Dakota, has logged over 7,000 miles in her local YMCA pool. Any chance she had, especially after retirement, Marty always tried to get in at least a mile at the Y pool. "I think the main reason I lived so long is my swimming," she said. "But I had to give that up a few years ago. I sure miss it." --- *South Bend Tribune*

STAY CONNECTED!-

Do YOU need -telephone service??

Lifeline is a federal/state program that lets eligible low income consumers receive **landline** home phone service up to \$18 a month, **or wireless** service up to 250 FREE minutes monthly from certain providers. You are eligible for Lifeline if your household income meets requirements or if you receive benefits from certain government programs. There is only ONE Lifeline discount per household. (Note: This telephone discount program is different from the medical alert tem also known as Lifeline.)

Memory Lapses? Forget About It --- Writer Max Perry suggests that forgetting something doesn't necessarily mean it's a precursor to dementia. "The fact that you can't retrieve the name of that Indian restaurant where you ate last week... doesn't mean that Alzheimer's is imminent," Perry said. Younger generations, who supposedly have stellar memories, forget details and events all the time. There's so much information that people have to remember that it is impossible to recall every single detail. "Forget about what you're trying to recall, and it will come to you." --- *LA Times*,


COUNTRY LINE DANCING
IT'S FUN TO DO & EXCITING
TUESDAYS Noon
WITH INSTRUCTOR
MARCELLA GROULX


Hawaiian Hula Dance Lessons
Mondays @ 10am
with Kim Stevens
Good for Joints & FUN

DOMINOES
Come in have Fun
Tuesdays 9am-11:30
Instructor: Charlotte

CTI Bone Builders Class
Join Us
Call Tara
978-674-1172

DRAB	STET	FDA
IOWA	HARE	LOB
PEER	ILSA	ORB
	RINK	SHEAR
TYLER	VEE	
BOILS	SPREAD	
AYE	WKS	NOD
OUTLAY	ABNER	
RON	DOORS	
AZTEC	UNDO	
POE	USNA	BONO
EON	STUB	OWEN
RMS	TAMS	OLGA

<p>4.</p> <p>6:30—Coffee & Pastries 8:30-9:30-CTI Bone Builders A 9:00-Getting Fit w/Marian Silk \$2 10:00-Hawaiian Hula Dance 10:30-Holistic Geriatric Arthritis Class-\$5 10:30-Beacon Caregivers Support Group & Discussion 11:30-Lunch (see menu) \$2 12-4-MAHJONG GAME 12-3:45-Bid Whist Cards 1:00-Choral Group Rehearsal- 1:00-Movie 1:45-2:45-CTI Bone Builders B</p>	<p>5.</p> <p>6:30—Coffee & Pastries 9-11:30-Dominos ELECTION DAY! CAST YOUR VOTE TODAY 10-12-Commonwealth Nursing Blood Pressure 10-12-NO Country Line Dancing-\$5 10-12-Lowell Police Drop-In 10-11-Tai Chi -\$3 -Connie 11:00-Dayn Yoga with Sheila 11:30-Lunch (see menu) \$2 11:45-Wii Games 12-3:45-Cribbage 12-3-Knitting & Crochet</p>	<p>6.</p> <p>6:30—Coffee & Pastries 8:30-9:25-Getting Fit w/Marian Silk \$2 8:30-9:30-CTI Bone Builders A 9:30-11:30Albert Gauthier, RNBP-Blood Pressures 10-11-Yoga for Seniors \$5 11:30-Lunch (see menu) \$2 1-3-Bingo 12:00-4:00-Quilting gathering—no charge</p>
<p>11.</p> <p>CLOSED Happy Veteran's Day!</p> 	<p>12.</p> <p>6:30—Coffee & Pastries 8-CTI Mandatory Meeting 8-10 LVNA Blood Pressure 9-11:30-Dominos 10-12-NO Country Line Dancing 10-12-Lowell Police Drop-In 10-11-Tai Chi -\$3-Connie 10:00-Diabetic Shoes-Duramedix 11:30-Lunch (see menu) \$2 11:45-Wii Games 12-3:45-Cribbage 12-3-Knitting & Crochet 1-3-Picture ID's \$3 1-Movie</p>	<p>13.</p> <p>6:30—Coffee & Pastries 8:30-9:25-Getting Fit w/Marian Silk \$2 8:30-9:30-CTI Bone Builders A 9:30-11:30Albert Gauthier, RNBP-Blood Pressures 10-11-Yoga for Seniors \$5 11:30-Lunch (see menu) \$2 1-3-Bingo 12:00-4:00-Quilting gathering—no charge</p>
<p>18.</p> <p>6:30—Coffee & Pastries 8:30-9:30-CTI Bone Builders A 9:00-COA Board Meeting 9:00-Getting Fit w/Marian Silk \$2 10:00-Fallon Health-open enrollment- 10:00-Hawaiian Hula Dance 10:30-Holistic Geriatric Arthritis Class-\$5 10:30-Beacon Caregivers Support Group & Discussion 11:30-Lunch (see menu) \$2 12-Craft Fair-Great Hall 12-4-MAHJONG GAME (NEW) Noon-3:45-Bid Whist Cards 1:00-Choral Group Rehearsal</p>	<p>19.</p> <p>6:30—Coffee & Pastries 9-11:30-Dominoes — Free 10-12:30 LVNA Blood Pressure 10-12-Lowell Police Drop-In 10-12-Country Line dance 10-11—Tai Chi -\$3-Connie 11:30—Lunch (see menu) \$2 11:45-1—Wii Games 12-3:45—Cribbage 12-3—Knitting & Crochet 1-3—Picture IDs \$3</p>	<p>20.</p> <p>6:30—Coffee & Pastries 8:30-9:25-Getting Fit w/Marian Silk \$2 8:30-9:30-CTI Bone Builders A 9:30-11:30Albert Gauthier, RNBP-Blood Pressure's 10-11—Yoga for Seniors \$5 11:30—Lunch (see menu) \$2 1-3—Bingo 12:00-4:00-Quilting gathering—no charge</p>
<p>25.</p> <p>6:30—Coffee & Pastries 8:30-9:30-CTI Bone Builders A 9:00Getting Fit w/Marian Silk \$2 10:30-Holistic Geriatric Arthritis Class-\$5 10:00-Hawaiian Hula Dance 11:30-Lunch (see menu) 12-4-MAHJONG GAME (NEW)</p>	<p>26.</p> <p>6:30—Coffee & Pastries 9-11:30-Dominoes 10-12:00-Commonwealth Nursing Blood Pressure 10-12-Police Drop-In 10-12- Country Line \$5.00 10-11—Tai Chi -\$3-Connie 11:30—Lunch (see menu) \$2 12-3:45—Cribbage 12-3—Knitting & Crochet</p>	<p>27.</p> <p>6:30—Coffee & Pastries 8:30-9:25-Getting Fit w/Marian Silk \$2 8:30-9:30-CTI Bone Builders A 9:30-11:30Albert Gauthier, RNBP-Blood Pressure's 10-11—Yoga for Seniors \$5 11:30—Lunch (see menu) \$2 1-3—Bingo 12:00-4:00-Quilting gathering—no charge</p>

		11:30-Lunch (see menu) 11:45-1-Wii Games 1-3-Senior Social-Nick Diamond Dancing & music: Music –pizza- \$1.00 2:30-3:45-Anxiety support with Steve Coupe— Free	
6:30—Coffee & Pastries 9-10-Getting fit w/ Marion- \$2 10-1-SHINE councilor (please call for appointment) 10:00-AA Info meeting 10:30-11:30 scrap booking \$ 15 11:30-Lunch (see menu) \$2 12-3:45-45's & Whist Cards 1:45-2:45-CTI Bone Builders B	7.	6:30—Coffee & Pastries 9:30-11:30- Computer Class/ walk- in's welcome! 9-10-Veterans Breakfast w/ speaker-Denise from Gr. Low- ell Personal development center 10-11-Tai Chi \$3-Leslie 11:30-3:45-Poker 11:30-Lunch (see menu) 11:45-1-Wii Games 1-3-Senior Social: CD's w/ Frank Desrisseaux-Hot Dogs-\$1.00 2:30-3:45—Anxiety support: with Steve Coupe— Free	8.
6:30—Coffee & Pastries 9-10-Getting fit w/ Marion- \$2 9-11-Hearing Aid Maintenance, equipment test & hearing test 10-1-SHINE councilor (please call for appointment)— Free 10:00-AA Info meeting— Free 11:30-Lunch (see menu) \$2 12-3:45—45's & Whist Cards 12:30-Ferber & Beasley semi- nar-Optimum Estate Planning 1:45-2:45-CTI Bone Builders B	14.	6:30—Coffee & Pastries 9:30-11:3- Computer Class/ walk- in's welcome! 10-11-Tai Chi \$3-Leslie 11:30-3:45-Poker 11:30-Lunch (see menu) 11:45-1-Wii Games 10-3-Thanksgiving Dinner Dance- \$7-Turkey Dinner-Jon Mansfield 2:30-3:45—Anxiety support: with Steve Coupe— Free	15.
6:30—Coffee & Pastries 9-10-Getting fit w/ Marion- \$2 10-1-SHINE councilor (please call for appointment) 10:00-AA Info meeting 11:30-Lunch (see menu) \$2 12-3:45—45's & Whist Cards 1:45-2:45-CTI Bone Builders B	21.	6:30—Coffee & Pastries 9:30-11:30— Computer Class/ walk-in's welcome! 10:00-All Care Insurance 10-11-Tai Chi \$3-Leslie Best Costume Prize! 11:30-3:45-Poker 11:30-Lunch (see menu) 11:45-1-Wii Game 11:30-3:45— Poker 11:45-1—Wii Games 1:00-Senior Social-Pizza-\$1.00 2:30-3:45—Anxiety support: with Steve Coupe— Free	22.
CLOSED HAPPY THANKSGIVING! 	28.	6:30—Coffee & Pastries 9:30-11:30— Computer Class/ walk-in's welcome! 9:30 am--Friends of COA Board 10-11-Tai Chi \$3-Leslie 11:30—Lunch (see menu) \$2 11:30-3:411:45-1—Wii Games 11:30-3:45-Poker	29.

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Lunch Menu



Lunch is served at 11:30 am. Sugar-Free Jell-O & 1% Milk is available daily.

Lunch Tickets are available daily until 10:30 a.m. Seniors that arrive later must pay cash and will follow ticket holders.

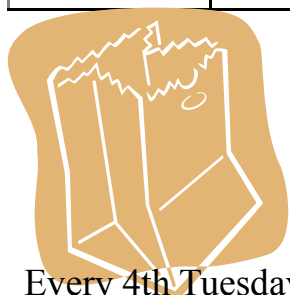
Funding for our meal program is made possible by: EOEA, Merrimack Valley Nutrition, & City of Lowell.

Menu items subject to change due to quantity issues and seasonal availability.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MENU					1. Mac & cheese Tomato, Broccoli Peaches wheat bread	2. Chicken Pattie Gravy Rice Pilaf Spinach Rye Bread soup fresh fruit
SUBJECT TO						
CHANGE						
3. shepherds pie beets soup mixed fruit multigrain bread	4. chicken dippers BBAQ sauce Rice -carrots yogurt wheat bread	5. veal patty with Ziti & sauce Green & gold beans wheat bread	6. Meat load mashed potatoes mixed veggie man- darin oranges rye bread	7. Roast Port apple sauce, gravy- potatoes Tapioca pudding multigrain bread	8. Alaska Pollock rice peas & carrots soup wheat bread jello	9. American chop sewy corn soup garlic bread apri- cots
10. Baked chicken potatoes baked green beans or- ange rye bread	11. Holiday	12. cheese lasa- gna salad soup apricots wheat rolls	13. stuffed cabbage corn rye bread juice	14. chicken ale king biscuits juke banana	15. turkey dinner stuffing squash gravy potato pears	16. Swedish meet balls pasta-sauce green beans rye bread soup apples
17. pork chops carrots potato wheat breads ap- plesauce	18. baked chicken legs baked potato broccoli wheat bread peaches	19. stuffed pep- pers mixed veg- gies rye bread soup fruit	Baked ham bashed potatoes wax beans pineapple sauce chocolate pudding wheat bread	21. Hot dog & beans Cole slaw tolls soup apricots	22. baked scrod green beans potato rye bread apples juice	23. Pork pie vege- table juice apricots
24. meatloaf red bliss potatoes mixed baggies pears multigrain bread	25. liver & onions corn Potatoes rye bread apples juice	26. Salisbury steak gravy mashed patois corn-juice wheat bread	27. Baked chicken scaloped potatoes peas bye bread apri- cots	28. thanksgiving closed	29. stuffed shells sauce broccoli soup rye bread peaches	30. breaded chick- en cranberry sauce herb potatoes peas & carrots wheat rolls pudding

Brown Bag Pick-up Dates

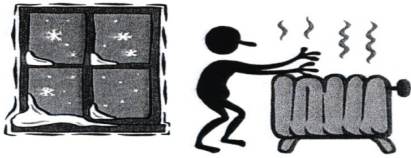
November 26, 2013 * December 18, 2013 (Wednesday)
January 28, 2014 * February 25, 2014 * March 25, 2014
April 22, 2014 * May 27, 2014 * June 24, 2014 &
July 22, 2014



Every 4th Tuesday

12:00 noon to 3:00 pm ONLY

* Pick-up time ONLY till 12 pm



Assistance is also available at the Lowell Senior Center for those 60 or older. Call Deanna 978.674.1168 or John at 978.674.1174 for help in applying for heating assistance. Those who do qualify may also be able to receive a free cellphone with up to 250 FREE minutes a month.

**Having a hard time paying for your heating bills?
Don't struggle on your own!! We can help.**

You can RENT or OWN your home.
If your heat is included in your rent or condo fee,
you may qualify.

For more information call Community Teamwork, Inc.
Fuel Assistance today at (978) 459-6161.

Fuel Assistance Annual Household Income Guidelines (2013-2014)

HOUSEHOLD SIZE		MAXIMUM GROSS INCOME
1		32,065
2		41,932
3		51,798
4		61,664
5		71,530
6		81,396

(Contact our office for families with more than 6 members)

Program Period: November 1, 2013 to April 30, 2014

* Last day to apply is April 30, 2014 *

Community Teamwork, Inc.
Fuel Assistance
45 Kirk Street, 2nd Floor
Lowell, MA 01852
978-459-6161

CTI Fuel Assistance serves the following cities and towns: Arlington, Bedford, Belmont, Billerica, Burlington, Carlisle, Chelmsford, Dracut, Dunstable, Groton, Lexington, Lowell, Pepperell, Tewksbury, Tyngsboro, Waltham, Watertown, Westford, and Wilmington.

Medicare Open Enrollment 2013: What You Need to Medicare's annual Open Enrollment period starts Oct. 15 and ends Dec. 7. This is the time of year when everyone with Medicare can join or change their health and prescription drug plans for 2014.

Depending on your needs, you can switch coverage from Original Medicare to a Medicare Advantage plan, or vice versa. You also can switch your Part D plan, which pays for medications. Any changes you make will take effect Jan. 1.

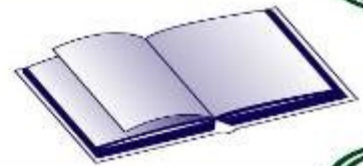
This is an important opportunity to make sure you're getting the most from your Medicare benefits. Every year, Medicare plans change, and so do your needs. It's worth the time to shop around to see if your coverage is still the best for your situation.

*FIRST
CRAFT FAIR
NOVEMBER 18, 2013
12:00 TO 4:00
IN THE SENIOR
CENTER'S 'GREAT HALL'

SEE OR CALL
DEANNA AT
978.809.8035 TO
RESERVE A TABLE.*



SHORT STORIES FOR FUN



Giving Thanks

For the hay and the corn and the wheat that is reaped,
For the labor well done, and the barns that are heaped,
For the sun and the dew and the sweet honeycomb,
For the rose and the song and the harvest brought home --
Thanksgiving! Thanksgiving!
For the trade and the skill and the wealth in our land,
For the cunning and strength of the workingman's hand,
For the good that our artists and poets have taught,
For the friendship that hope and affection have brought --
Thanksgiving! Thanksgiving!

More Than A Day

As Thanksgiving Day rolls around,
It brings up some facts, quite profound.
We may think that we're poor,
Feel like bums, insecure,
But in truth, our riches astound.
We have friends and family we love;
We have guidance from heaven above.
We have so much more
Than they sell in a store,
We're wealthy, when push comes to shove.
So add up your blessings, I say; Make Thanksgiving last more
than a day.

52

ACROSS

1. Dull
5. Proofreading note
9. Drug-regulating org.
12. Davenport's state
13. Tortoise's competitor
14. Tennis hit
15. Jury member
16. Rick's love in "Casa-blanca"

17. Heavenly body
18. Skating place
20. Cut, as wool
22. "Tippecanoe and ___ Too"
25. Goose formation
26. Prepares water for tea
27. Scatter
30. Nautical affirmative
31. Yr. divisions
32. Betray boredom
34. Initial investment
37. Mr. Doubleday
39. L. ___ Hubbard
40. Sedan's four
41. Ancient Mexican
44. Unhook
46. "The Bells" poet
47. Jimmy Carter's alma mater (abbr.)
49. Cher's former partner
53. Long period
54. Part of a

55. TV lawyer
56. Hotel units (abbr.)
57. They cover Highland heads
58. Gymnast

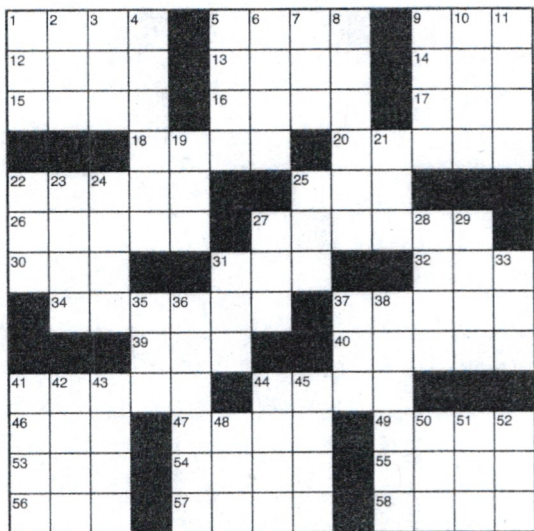
DOWN

1. Quick plunge
2. Fish eggs
3. Solemn wonder
4. Wooden keg
5. Leg front
6. "Pillow ___"
7. Hesitant sounds
8. Annoyer
9. Floating

10. Explorer of TV
11. Designation indicating a shortened word
19. Taxman's agcy.
21. Laughing sound
22. Vague schedule info (abbr.)
23. Duncan toy (hyph.)
24. In ___ of (instead of)
25. Gore and Biden, e.g. (abbr.)
27. Blue above
28. ___ Domini

29. Worker
31. Ashen
33. Physicians (abbr.)
35. Three, in Pisa
36. Migratory grasshopper
37. Tack on
38. Blunder, slangily
41. One who mimics
42. ___ lens
43. Billfold items
44. "E pluribus ___"
45. Apprehends
48. RR depot
50. Night bird
51. Opposite of pos.
52. "Hooked ___ Feeling" (2 wds.)

Solution on page 110



HORN OF PLENTY

- 9/1 \$50.00 PAULINE RUSSELL
- 9/2 \$50.00 JEANNE MCDONOGH
- 9/3 \$50.00 NORMAN LEDUC
- 9/4 \$75.00 TERRY BYRNE
- 9/5 \$50.00 LILLIAN HEBERT
- 9/6 \$100.00 RICHARD GARNEAU
- 9/7 \$50.00 LORRAINE COUGHLIN
- 9/8 \$50.00 CAROLE SEMLATOR
- 9/9 \$50.00 NORMAN LEDUC
- 9/10 \$50.00 JOAN BERGERON
- 9/11 \$75.00 DORIS SANTOS
- 9/12 \$50.00 PEGGY CAPALDO
- 9/13 \$100.00 AGNES GRENIER
- 9/14 \$50.00 FRANK CLARK
- 9/15 \$50.00 TERRANCE MORAN
- 9/16 \$50.00 FRANK QUADROS
- 9/17 \$50.00 LINDA LUFTUS
- 9/18 \$100.00 JEANNE YOUNG
- 9/20 \$50.00 JUDY HELM
- 9/21 \$50.00 KAYLA CRAWFORD
- 9/22 \$50.00 ELAINE MAYNARD
- 9/23 \$50.00 ROSE KELLEY
- 9/24 \$50.00 REBECCA MC ANDREWS
- 9/25 \$75.00 GLORIA HESLIN
- 9/26 \$50.00 JOSH FRAWLEY
- 9/27 \$100.00 ROSE MARIE BONIN
- 9/28 \$50.00 NOREEN AUSTIN
- 9/29 \$50.00 GAIL PRESTIPINO
- 9/30 \$50.00 ROGER LANDRY

City of Lowell-Recycling Update

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- Distribution early to Mid-December
- Begin use January 2014

Stay tuned for details...
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www.LowellRecycle.org

Recycling Symbols:

- 1 PETE**
- 2 HDPE**
- 3 V**
- 4 LDPE**
- 5 PP**
- 6 PS**
- 7 OTHER**

Accepted Items:

- ✓ Cans
- ✓ Paper
- ✓ Bottles
- ✓ Cardboard

Seniors... single-stream recycling begins January 2, 2014.

Join us for a lunchtime workshop on
Wednesday, November 27th at 11 AM
Lowell Senior Center

The Future of Medicare:

15 Proposals You Should Know About

More info is available at the following number 1-866-448-3621. Computer users can also access www.aarp.org/ma for information specific to AARP in MA.

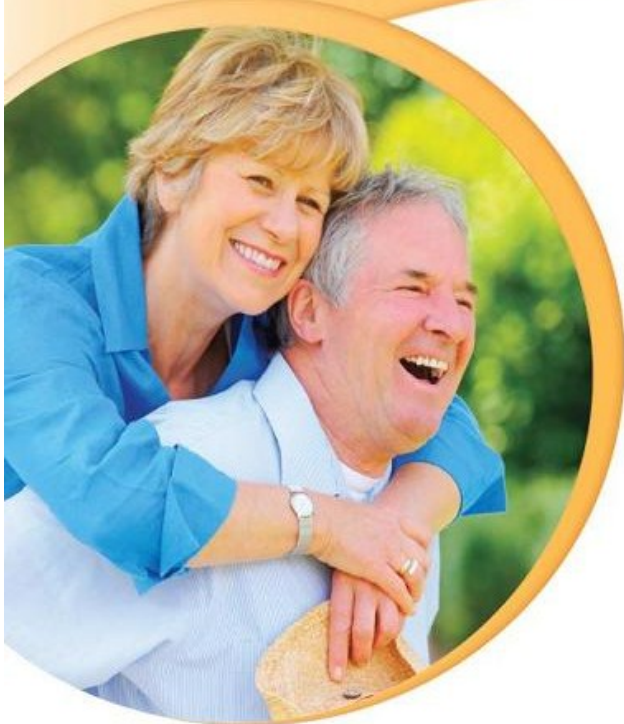
Education on Pharmacy Programming

November 1, 2013-10 am-Lowell COA: CENTURY PHARMACY-Lowell, MA WE OFFER: FREE DELIVERY AND PICK UP PERSONAL CONSULTATION AND ASSISTANT UNIT DOSE PACKAGING FOR DOSE WHO NEED WE HAVE TECHNICIANS WHO ALSO SPEAK KHMER, SPANISH, AND PORTUGUESE WE ACCEPT ALL MAJOR INSURANCES COMPANY PAYMENTSS AND ASSIST WITH EASY TRANSERS.



Among the many free interesting and informative events held by the City of Lowell Senior Center last month were (at left) a visit from the Lowell Association for the blind. From the left; Guest speaker Susan Wilson with her seeing eye dog "Fave" and Lowell Assoc. for the blind Executive Dir., Elisaeth Cannon.—photo by Joseph Vallante.

Healthy Living Center of Excellence



My Life, My Health

Sign Up Today for a Free Six Week Workshop!

December 2, 2013 - January 6, 2014

1:00 pm - 3:30 pm

Lowell Council On Aging

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www.healthyliving4me.org

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- Control your pain
- Start an exercise program
- Handle stress and relax
- Increase your energy level



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Elder Services of the Merrimack Valley, Inc.



This workshop is made possible through a grant provided by the Executive Office of Elder Affairs and the U.S. Administration on Community Living.

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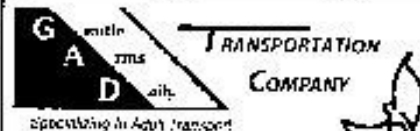
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Attention Lowell Veterans:



FOR MORE INFORMATION
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Eric Lamarche
Veterans' Services Officer
City of Lowell
Senior Center
276 Broadway Street

Lowell, MA 01854

Phone: 978-970-4068

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- Are you currently experiencing financial difficulty?
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Chapter 115 Public Assistance

Under Chapter 115 of Massachusetts General laws (M.G.L. c. 115), the Commonwealth provides a uniform program of financial and medical assistance for indigent veterans and their dependents.

Qualifying veterans, Widows of Veterans and their dependents receive necessary financial assistance for food, shelter, clothing, housing supplies, and medical care.

